



# Dietary diversity and consumption of foods from different food groups among small holder women farmers in Kenya, Malawi and Uganda

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## 1 Background

- Inadequate dietary intake among women remains a challenge of reproductive age, particularly in developing countries.<sup>1</sup>
- These women are often nutritionally vulnerable due to their increased nutrient requirements and disadvantages in intra-household distribution of nutrient-dense foods.<sup>2</sup>
- This study compares their dietary diversity and consumption of foods in three African countries (Teso Sub-county (Kenya), Kapchorwa District (Uganda) and Lilongwe District (Malawi)).

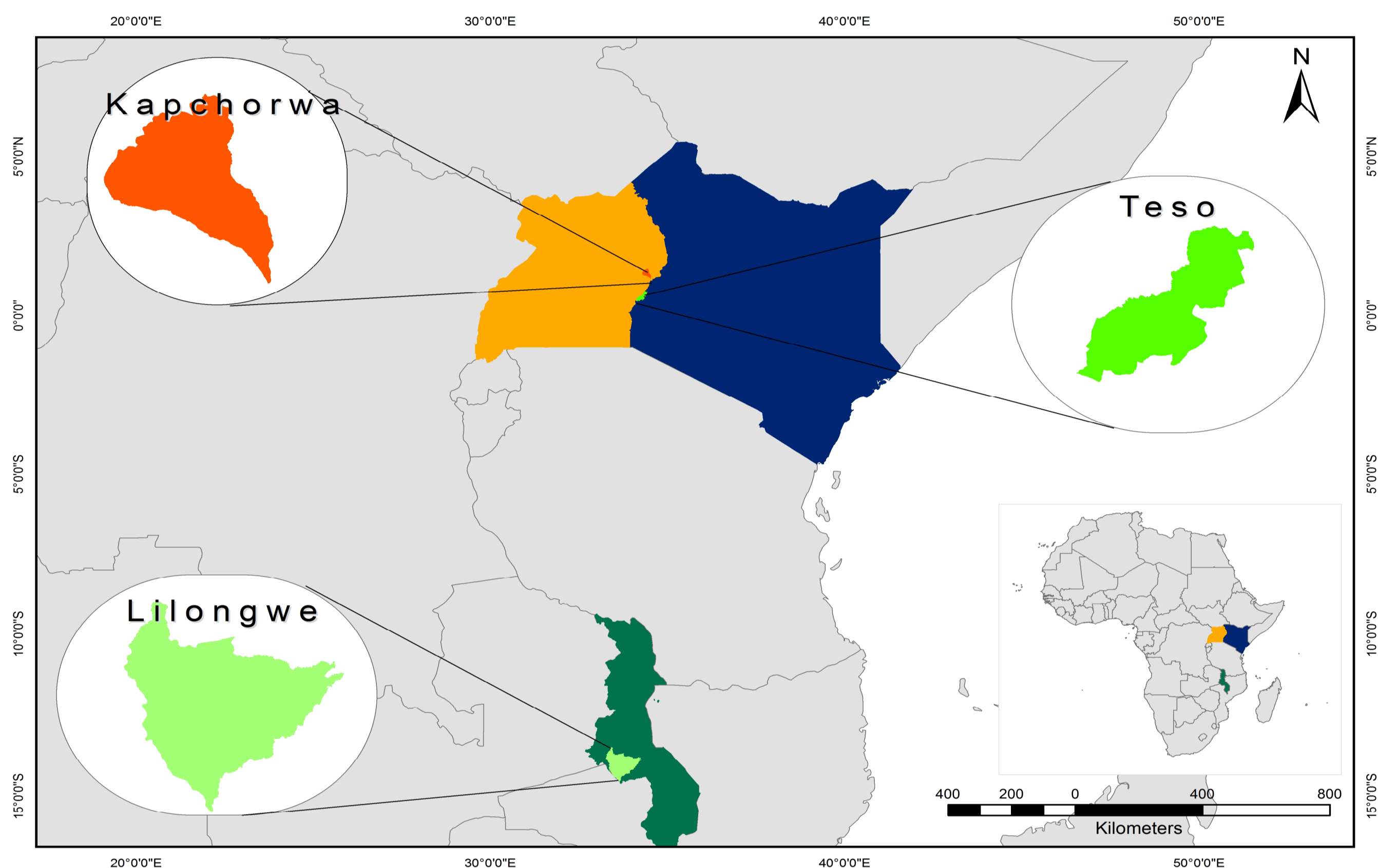


Figure 1: Map of the three study regions. © Gomez/HealthyLAND

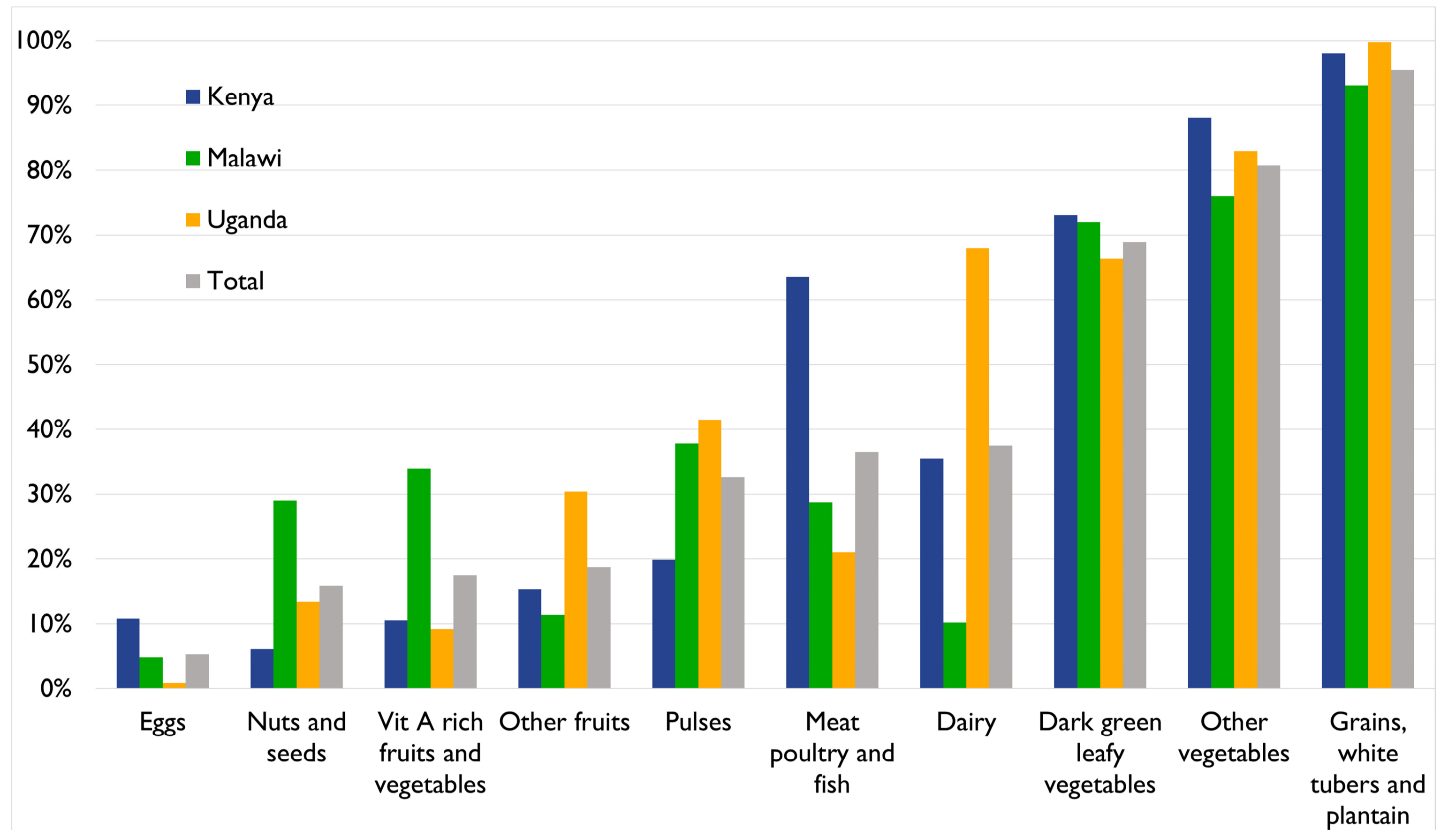


Figure 2: Consumption of foods from 10 different food groups

## 2 Methods

- May-Nov 2016: Cross-sectional agriculture nutrition baseline surveys in all three countries
- Targeting 1263 farm households with children < 5 years
- Semi-structured questionnaires: to assess demographic and socio-economic characteristics
- Minimum Dietary Diversity Score for Women (MDD-W, max 10 groups) calculated based on data from 24h-recalls
- Anthropometric measurements to calculate body mass index (BMI)

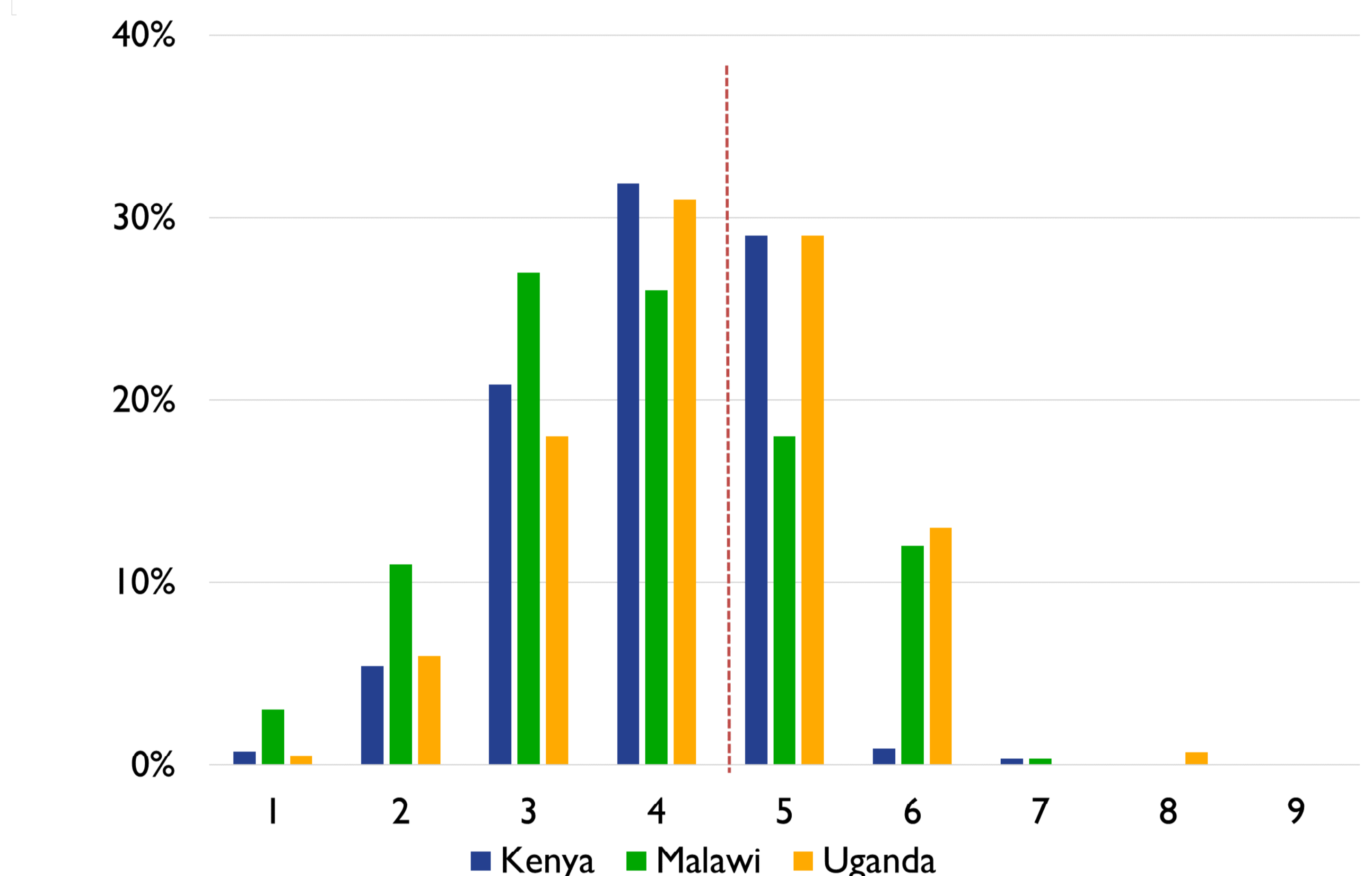


Figure 3: Prevalence of women achieving x number of food groups

- Overall women consumed mostly foods from the first group: grains, white tubers and plantain

- Mean Minimum Dietary Diversity for Women (MDD-W) between the groups differs significantly

Table 2: Dietary Diversity Score (DDS) and MDD-W

	Kenya N=408	Malawi N=421	Uganda (N=434)
DDS (min 0—max 10)	4.2 ± 1.2	3.9 ± 1.4	4.3 ± 1.2
MDD-W (%)	41	34	45

\*p ≤ 0.05

## 3 Results

Table 1: Socio-economic characteristics of the study population

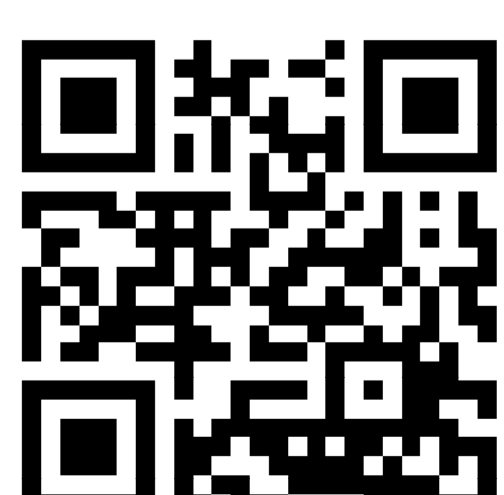
	Kenya N=408	Malawi N=421	Uganda (N=434)
Age of women (years)	28.5 ± 7.5	29.6 ± 8.3	29.5 ± 9.2
Min – Max	17 - 56	15 - 70	17 - 75
BMI (kg/m <sup>2</sup> )	23 ± 4	23 ± 3	23 ± 4
Min – Max	13.5 - 45	16 - 36	16 - 45.5
Level of education (%)			
None	54.3	70.5	8.5
Primary	32.8	16.4	53.7
Secondary and higher	12.9	0.9	43.0
Reading capacity (%)	52.4	49.6	41.7

## 4 Conclusion

- Findings confirm a poorly diversified diet in all three regions
- Foods containing vitamin A, Iron and other micronutrients poorly consumed in some countries rather than others
- Low MDD-W rates indicate high risk of micronutrient deficiencies among women of reproductive age
- Interventions are needed to improve consumption of non-staple foods of small-scale farm families

References:

1. FAO (2017). The State of food insecurity in the world (SOFI). Rome, Italy.
2. FAO (2016). Compendium of indicators for nutrition-sensitive agriculture. Rome, Italy.



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